

SHARED DECISION-MAKING

IN THE CYSTIC FIBROSIS CLINIC

WHAT IS SHARED DECISION-MAKING (SDM)?

SDM is a model in which healthcare providers and patients collaborate to make healthcare decisions. This means presenting patients with clear evidence about options, creating individualized treatment plans, and considering patients' goals, preferences, or concerns.



WHY IS IT IMPORTANT?

SDM within the clinic has many effects on patients' well-being and health outcomes. Having meaningful conversations with providers allows patients to make informed decisions. This also helps create connections and build trust, which is crucial to enhancing patients' commitment to treatments.

SDM & CYSTIC FIBROSIS (CF) CARE:

SDM can be important for CF patients who are transitioning from pediatric to adult care. This transition most likely includes new doctors, location, and routine, which can be difficult to adapt to. A 2021 study evaluated SDM across over 150 CF clinics. The results showed that patients at pediatric centers experienced more SDM than those at adult centers. It also highlighted that the 18-24 year age range reported the lowest scores of SDM, which aligns with the transition period in the healthcare system. SDM may help ease young adults' anxiety around this transition period and improve care management.



HOW CAN I IMPLEMENT THIS?

There are many frameworks for shared decision-making, including the Ask, Share, Know approach. This is a concept designed by the Australian General Practice network that breaks down three steps in making effective healthcare decisions using SDM:

- **Ask** refers to questioning all of the options, risks, and benefits of possible treatments.
- **Share** means being open about medical history, honest about lifestyle choices, and clear about any preferences you may have for your plan.
- **Know** is to understand and comprehend all possibilities and what the outcomes will look like; essentially taking in all the information, research, and data to make the best decision for you.

Learn more:

[Promoting participation in SDM for people with CF](#)
[Ask, Share, Know Framework](#)
[Questions to ask your doctors](#)
[More on SDM](#)

